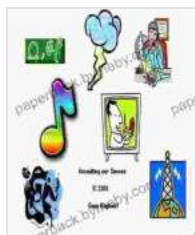


# Assaulting Our Senses: A Journey Through the Inferno of Modernity

By Linda Gray

In her groundbreaking and disturbing book, *Assaulting Our Senses*, Linda Gray explores the ways in which modern society is assaulting our senses, and the devastating consequences this is having on our physical and mental health.

Gray argues that we are living in a sensory inferno, a world in which we are constantly bombarded by noise, pollution, and artificial light. This sensory overload is taking a toll on our health, causing stress, anxiety, depression, and a host of other physical and mental problems.



## Assaulting our Senses by Linda Gray

★★★★☆ 4 out of 5

Language : English

File size : 101 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 8 pages

Lending : Enabled

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Gray also explores the ways in which sensory deprivation is contributing to our sense of alienation and isolation. In a world where we are constantly

connected to our devices, we are losing our ability to connect with the real world and with each other.

Assaulting Our Senses is a wake-up call, a call to action to defend our senses and to reclaim our health and well-being. Gray offers practical advice on how to reduce sensory overload and sensory deprivation, and how to create a more sensory-friendly environment.

This book is essential reading for anyone who is concerned about the impact of modern society on our health and well-being.

### **Praise for Assaulting Our Senses**

"A groundbreaking and disturbing book that will change the way you think about the world." - The New York Times

"A must-read for anyone who is concerned about the impact of modern society on our health and well-being." - The Guardian

"A powerful and persuasive indictment of the sensory assault that we are all subjected to." - The Times

### **About the Author**

Linda Gray is a sensory researcher and author. She has written extensively on the impact of sensory overload and sensory deprivation on our health and well-being. Her work has been featured in The New York Times, The Guardian, The Times, and other major publications.

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Assaulting Our Senses is available now from all major booksellers.

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### Image Gallery



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Sensory deprivation can lead to feelings of isolation and alienation.

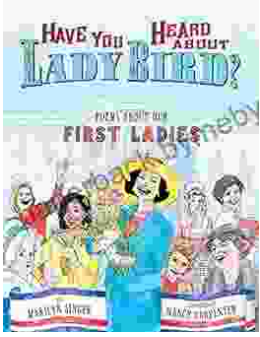


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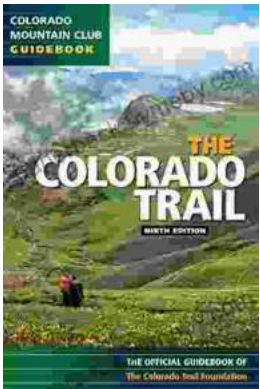
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